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Gourmet on the Go... Bean Recipes

Oklahoma Cooperative Extension
Southeast District
Family Consumer Science
4-H Youth Development
Educators



Black Bean Lasagna

INGREDIENTS:

15 oz. can black beans, drained and rinsed
26 oz. can crushed tomatoes, un-drained
2 onions, chopped
2 cloves garlic, minced
1 green bell pepper, chopped
1-1/2 cups salsa
2 tsp. chili powder
1/2 tsp. cumin
2 cups ricotta cheese
1 egg, beaten
1/2 cup grated Parmesan cheese
10 uncooked lasagna noodles
2 cups shredded Colby Jack cheese
1/4 cup grated Parmesan cheese

PREPARATION:

In large bowl, combine drained beans, tomatoes, onions, garlic, bell pepper, salsa, chili powder, and cumin and mix well. In small bowl, combine ricotta cheese, egg, and 1/2 cup Parmesan cheese and beat until combined.

Preheat oven to 350 degrees F. Spread 1 cup of the tomato and bean mixture in the bottom of a 13x9" glass baking dish. Top with half of the noodles, overlapping slightly and breaking noodles as necessary to fit. Top with half of remaining tomato mixture. Spoon ricotta mixture over the top, spreading carefully. Sprinkle with 1/2 cup Colby jack cheese. Layer remaining noodles and tomato mixture over the casserole. Top with remaining Colby jack cheese and 1/4 cup Parmesan cheese. Spray sheet of foil with cooking spray, and cover baking dish tightly with foil, sprayed side down.

Bake at 350 degrees for 50-65 minutes or until noodles are tender. Uncover and bake 10 minutes longer, until casserole is bubbling and cheese begins to brown. Let stand 15 minutes before serving. 10 servings

Nutritional Information: Calories 620, calories from fat 16%, total fat 11g, saturated fat 6g, cholesterol 51mg, carbohydrates 100g, fiber 11g, protein 30g, sodium 349mg, potassium 1134 mg, calcium 278 mg.

Louisiana Chicken and Pasta

INGREDIENTS:

8 oz. (2 cups) uncooked gemelli (pasta twists)
4 slices bacon, cut into 1/2-inch pieces
2 boneless skinless chicken breast halves, cut into 1/2-inch pieces
1 cup diced green bell pepper
1 medium onion, finely chopped (1/2cup)
1 (15-oz.) can black-eyed peas or garbanzo beans, drained
1/2 cup chicken broth
2 tablespoons Worcestershire sauce
1/2 teaspoon garlic-pepper blend
1/2 teaspoon dried thyme leaves
1/8 teaspoon ground red pepper (cayenne)
2 tablespoons chopped fresh parsley, if desired

PREPARATION:

Cook gemelli to desired doneness as directed on package. Drain; cover to keep warm.

Meanwhile, cook bacon in large skillet over medium heat until crisp. Add chicken, bell pepper and onion; cook 4 to 6 minutes or until chicken is browned, stirring occasionally.

Add all remaining ingredients except parsley; mix well. Reduce heat to medium-low; cover and cook until chicken is no longer pink in center, stirring occasionally. Stir in gemelli; cook and stir until thoroughly heated. Sprinkle with parsley.

Servings: 5 (1 1/2-cup)

Nutritional Information: Calories 360, Calories from fat 55, Total fat 6g, Saturated 2g, Cholesterol 35mg, Sodium 620mg, Total Carbohydrate 58g, dietary fiber 8g, sugars 5g, protein 26g.

% Daily Value: Vitamin A 6%, Vitamin C 26%, Calcium 4%, Iron 28%

Exchanges: 4 starch, 2 very lean meat, 1 fat

Carbohydrate choices: 4

Cincinnati Chili

INGREDIENTS:

10 ounces uncooked spaghetti
1 tablespoon vegetable oil
1 pound ground turkey breast
1 medium onion, chopped (1/2 cup)
1 clove garlic, finely chopped
1 jar (26 to 28 ounces) chunky vegetable-style tomato pasta sauce
1 can (15 to 16 ounces) kidney beans, rinsed and drained
2 tablespoons chili powder
1/2 cup shredded Cheddar cheese (2 ounces), if desired
3 medium green onions, sliced, if desired

PREPARATION:

Cook and drain spaghetti as directed on package.
Heat oil in 10-inch skillet over medium heat. Cook turkey, chopped onion and garlic in oil 5 to 6 minutes, stirring occasionally, until turkey is no longer pink.
Stir in pasta sauce, beans and chili powder; reduce heat. Simmer uncovered 10 minutes, stirring occasionally. Serve sauce over spaghetti.
Sprinkle with cheese and green onions. 6 servings.

Nutritional Information: Calories 495 (Calories from fat 80); Fat 9g (saturated 1 g); Cholesterol 50mg; Sodium 840mg; Carbohydrate 80g (dietary fiber 9g); protein 32g

% Daily Value: Vitamin A 34%; Vitamin C 18%; calcium 8%; Iron 34%

Diet Exchanges: 5 starch, 2 lean meat

Tortellini Bean Salad

INGREDIENTS:

9 oz. pkg. refrigerated cheese tortellini
1 cup broccoli florets
15 oz. can kidney beans, rinsed and drained
1 cup cubed cooked ham
1 cup shredded carrot
1/2 cup sliced black olives
1/2 cup Italian salad dressing

PREPARATION:

Cook tortellini as directed on package, adding broccoli to the boiling water; drain and combine with remaining ingredients. Stir gently to combine. Cover salad and refrigerate 1-2 hours before serving.

4 servings

Nutritional Information: Calories 765, calories from fat 27.9%, total fat 24g, saturated fat 5g, cholesterol 63mg, carbohydrates 98mg, fiber 30g, protein 42g, sodium 1109mg, potassium 1776mg, Calcium 262mg

Three Bean Bacon Salad Medley

INGREDIENTS:

1 quart deli three bean salad OR 3 cans three bean salad
2 Tbsp. brown sugar
8 slices bacon, cooked crisp and crumbled

PREPARATION:

Combine salad and brown sugar in heavy saucepan over medium heat. Cook, stirring frequently, until sugar is dissolved. Sprinkle with bacon and serve.
8 servings

Nutritional Information: Calories 45, calories from fat 62.7%, total fat 3g, saturated fat 1g, cholesterol 5mg, carbohydrates 2g, fiber 0g, protein 2g, sodium 102mg, potassium 39mg, calcium 3mg.

Quick Black Bean Soup

INGREDIENTS:

1 Tbsp. olive oil
1 onion, chopped
2 (15 oz.) cans black beans, rinsed and drained
14 oz. can chicken broth
15 oz. can corn, drained
14 oz. can diced tomatoes with herbs
2 bay leaves
1/2 tsp. dried thyme leaves
1/2 tsp. dried basil leaves
1 tsp. balsamic vinegar
1/2 tsp. cumin

PREPARATION:

Cook onion in oil in a large soup pot. Open one can of beans, mash the beans using a fork, and scoop out of the can into the pot, along with the can of whole beans, drained corn, chicken broth, and tomatoes. Stir in seasonings. Cover pot and bring to a boil. Reduce heat to low and simmer the soup for 8-10 minutes, stirring frequently. Remove bay leaves and serve. Serves 4-6

Nutritional Information: Calories 90, calories from fat 42.2%, total fat 4g, saturated fat 1g, cholesterol 0mg, carbohydrate 10g, fiber 2g, protein 4g, sodium 323mg, potassium 238mg, calcium 13mg

Miami Black Bean and Corn Salad

INGREDIENTS:

SALAD:

2 large ears corn, husks removed
1 (15-oz.) can black beans, drained, rinsed
1/2 cup finely chopped red bell pepper
1/2 cup finely chopped red onion
1/4 cup chopped fresh cilantro
1 ripe avocado
8 lettuce leaves

DRESSING:

1 orange
1 lime
1/4 cup oil
1/2 teaspoon hot pepper sauce
1/2 teaspoon salt

PREPARATION:

Bring 2 quarts (8 cups) water to a boil in large saucepan over high heat. Add corn; cook 5 minutes. Drain; rinse with cold water to stop cooking. Cut kernels from ears of corn; place in medium bowl. Add beans, bell pepper, onion and cilantro.

Grate peel from orange and lime; place peel in small nonmetal bowl. Squeeze juice from orange and lime; add to bowl. Add oil, hot pepper sauce and salt; stir to combine. Add to black bean mixture; mix well. Refrigerate at least 30 minutes before serving.

Just before serving, peel, pit and dice avocado. Add avocado to salad mixture; stir gently to combine. Serve on lettuce-lined plates.

8 (1/2-cup) servings

Nutritional Information: 200 calories, 11g total fat, 2g saturated fat, 0mg cholesterol, 20g carbohydrates, 6g dietary fiber, 4g sugars, 5g protein, 250mg sodium.

Dietary Exchanges: 1 1/2 Starch, 2 Fat or 1 1/2 Carbohydrate, 2 Fat

Rice and Bean Roll-Ups

INGREDIENTS:

1 1/2 cups thick-and-chunky salsa
1 cup cooked rice
2 medium roma (plum) tomatoes, chopped
1 small bell pepper, cut into 1/2-inch pieces
1 can (15 ounces) whole kernel corn, drained
6 garden spinach and herb-flavor flour tortillas (8 inches in diameter)
1 cup shredded Mexican 4-cheese blend (4 ounces)

PREPARATION:

Heat oven to 350 degrees. Spread 1/2 cup of the salsa in ungreased rectangular baking dish, 13x9x2 inches.

Mix rice, tomatoes, bell pepper, beans and corn. Spread about 1 cup rice mixture on each tortilla. Place seam sides down on salsa in baking dish. Spoon remaining 1 cup salsa over tortillas. Sprinkle with cheese.

Cover and bake 30-35 minutes or until heated through and cheese is melted. 6 servings.

Nutritional Information: Calories 375 (Calories from Fat 90); Fat 10g (Saturated 5g); Cholesterol 20mg; Sodium 850 mg; Carbohydrate 63g (Dietary Fiber 9g); Protein 17g.

% Daily Value: Vitamin A 12%; Vitamin C 28%; Calcium 26%; Iron 24%

Diet Exchanges: 4 Starch, 1 medium-Fat Meat

Bean and Pasta Salad

INGREDIENTS:

2 cups rotini pasta
15 oz. can kidney beans
2 cups diced Colby jack cheese
4 plum tomatoes, sliced
1/2 cup Italian salad dressing

PREPARATION:

In large pot of boiling water, cook rotini pasta according to package directions. Drain, rinse with cold water, and drain again. While the pasta cooks, drain and rinse the kidney beans and combine in large bowl with remaining ingredients. Add drained pasta to salad and toss well. Chill until serving time, or serve immediately. 6 servings

Nutritional Information: Calories 261, calories from fat 34.9%, total fat 10g, saturated fat 1g, cholesterol 0mg, carbohydrate 35mg, fiber 4g, protein 8g, sodium 406mg, potassium 322mg, calcium 28mg

Many Bean Crock-pot Soup

INGREDIENTS:

2-1/4 cups Hearty Bean Soup Mix without seasoning packet, or mixed dried beans
2 onions, chopped
10 cups water
1 tsp. dried thyme leaves
4 carrots, chopped
14 oz. can diced tomatoes, un-drained

PREPARATION:

Combine all ingredients except for tomatoes and stir well to combine. Cover crock-pot and cook on HIGH setting for 8-10 hours or until beans are tender. Add tomatoes, stir, cover, and cook on high for 15-20 minutes longer until heated. 12 servings

Nutritional Information: Calories 150, calories from fat 3.3%, total fat 1g, saturated fat trace, cholesterol 0mg, carbohydrate 28g, fiber 11g, protein 9g, sodium 55mg, potassium 563mg, calcium 75mg

Bean and Bacon Soup

INGREDIENTS:

2-1/2 cups dried navy beans
3 quarts water
8 slices bacon
3 onions, chopped
2 cups diced, peeled potatoes
1 cup sliced carrots
28 oz. can tomato juice
2 tsp. salt
1/2 tsp. pepper
1 bay leaf

PREPARATION:

Combine beans and 3 quarts water in large pot. Bring to a boil and boil for 2 minutes. Cover and let stand for 1 hour. Meanwhile, cook bacon until crisp in large stock pot. Remove bacon to paper towels to drain and crumble. Add chopped onions to bacon drippings. Cook and stir until onions are tender. Add partially cooked beans and cooking liquid. Cover and cook over low heat for 1 hour. Add remaining ingredients including reserved bacon pieces. Cover and simmer for 50-55 minutes, stirring occasionally, until beans are tender and soup is slightly thickened. Remove bay leaf before serving.

Crock-pot Directions:

Precook beans, bacon, and onion as directed above (this step is necessary because otherwise the beans would never get tender because of the acid in the tomatoes). Combine all ingredients in 4 quart crock-pot. Cover and cook 10-12 hours on low. Remove bay leaf before serving. 12 servings

Nutritional Information: Calories 216, calories from fat 11.1%, total fat 3g, saturated fat 1g, cholesterol 4mg, carbohydrate 37g, fiber 13g, protein 12g, sodium 681mg, potassium 875mg, calcium 91mg

Hearty Bean Soup Mix

INGREDIENTS:

2 cups dried yellow split peas
2 cups green dried split peas
2 cups dried lima beans
2 cups dried pinto beans
2 cups dried great northern beans
1 cup instant minced onions
1-1/2 tsp. ground cumin
1 tsp. dried marjoram leaves
1-1/2 tsp. garlic powder
1 tsp. onion salt
1/4 tsp. pepper

PREPARATION:

Combine all beans in a large jar with screw top lid. Place onions and remaining ingredients in a small plastic bag and place on top of beans in jar. Seal jar and store in cool dry place. Makes enough for 6 batches of soup.

TO USE MIX:

8 cups water
1/6 Hearty Bean Soup Mix
1 cup chopped carrots
1 cup chopped celery
12 sun-dried tomatoes, chopped
1 ham bone

Combine water and soup mix in large stockpot. Bring to a boil over high heat and boil for 2 minutes. Remove from heat. Cover and let stand for 1 hour. Add remaining ingredients to soup. Heat to boiling. Then cover pan, reduce heat to low, and simmer soup for 2 hours or until beans are tender. Skim fat and remove ham bone. Remove meat from bone and return to soup. Heat until hot and serve. 6 servings

Chicken Corn and Black Bean Salad

INGREDIENTS:

1/3 cup apricot preserves
3 Tbsp. lime juice
1 Tbsp. oil
1 tsp. chili powder
1/8 tsp. pepper
2 cups cubed cooked chicken
1 red bell pepper, chopped
2 cups frozen corn, thawed and drained
15-oz. can black beans, rinsed and drained
lettuce leaves

PREPARATION:

In small bowl, combine preserves, lime juice, oil, chili powder and pepper and blend well with wire whisk to combine. Combine chicken, bell pepper, corn, and beans in large bowl and toss gently. Pour dressing over chicken mixture and toss gently to mix.

Serve salad on lettuce lined plates. 4 servings

Crock-pot BBQ Pinto Beans

INGREDIENTS:

1 lb. dried pinto beans
3 cups water
1 onion, chopped
18 oz. bottle barbecue sauce
1/4 cup molasses
1/4 tsp. pepper

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PREPARATION:

Sort beans, rinse and drain. Combine all ingredients in 3-4 quart crock-pot. Cover crock-pot and cook on low for 8-9 hours or until beans are tender. 6-8 servings

Nutritional Information: Calories 273, calories from fat 5.9%, total fat 2g, saturated fat trace, cholesterol 0mg, carbohydrate 52g, fiber 15g, protein 13g, sodium 532mg, potassium 1037mg, calcium 107mg

Florentine Crab and Bean Soup

INGREDIENTS:

2 (14 oz.) cans ready to serve vegetable broth
6 oz. pkg. Florentine Beans with Bow Ties OR 1-1/2 cups bow tie pasta
2 carrots, peeled and sliced
2 onions, chopped
2 cloves garlic, minced
14 oz. can diced tomatoes, un-drained
1/8 tsp. white pepper
6 oz. can crabmeat, drained
1/2 cup grated Parmesan cheese

PREPARATION:

Heat vegetable broth to a boil. Stir in package contents of the bean and pasta mix (or just pasta and your own seasonings, if using that), carrot, onion, garlic, un-drained tomatoes, and pepper. Return to a boil. Reduce heat to low; cover and simmer 10 minutes until pasta is tender. Gently stir in crabmeat and heat for another 5 minutes. Top each serving with Parmesan cheese. Serves 4

Nutritional Information: Calories 212, calories from fat 23.8%, total fat 6g, saturated fat 2g, cholesterol 42mg, carbohydrate 25g, fiber 4g, protein 16g, sodium 1142mg, potassium 652mg, calcium 219mg

Tex Mex Black Bean Wraps

INGREDIENTS:

1 (15 ounce) can black beans, rinsed
1/3 cup chunky salsa
1 green bell pepper, thinly sliced
1 tomato, thinly sliced
1 cup shredded Cheddar cheese
1/2 cup shredded Pepper Jack cheese
1 avocado
1/3 cup sour cream
1 teaspoon lemon juice
4 (8 inch) flour tortillas

PREPARATION:

In medium bowl, place black beans and mash with a fork. Leave some beans whole for a chunky texture. Add salsa and mix well. Prepare bell pepper, tomato, and cheeses.

In small bowl, mash avocado with sour cream and lemon juice. Spread bean mixture over tortillas and top with vegetables and cheeses. Place some avocado mixture over cheeses. Roll up sandwiches and serve.

Calories 512, calories from fat 46.2%, total fat 27g, cholesterol 38mg, carbohydrate 53g, fiber 6g, protein 17g, sodium 638mg, potassium 573mg, calcium 326mg

Mango and Black Bean Salsa

INGREDIENTS:

15 oz. can black beans, rinsed and drained
11 oz. can corn with peppers, drained
15 oz. can mango slices, cubed
1/4 cup minced onion
1/4 cup oil and vinegar salad dressing

PREPARATION:

In medium bowl, combine all ingredients and toss to coat. Serve as an appetizer with crackers or tortilla chips, or as a side salad. Serves 4-6

Nutritional Information: Calories 222, calories from fat 35.6%, total fat 9g, saturated fat 1g, cholesterol 0mg, carbohydrate 29g, fiber 6g, protein 8g, sodium 598mg, potassium 136mg, calcium 6mg

Marinated Green Bean Salad

INGREDIENTS:

15 oz. can green beans, drained
15 oz. can peas, drained
15 oz. can corn, drained
4 oz. jar pimentos, drained
1 red onion, finely chopped
4 stalks celery, chopped
1 green bell pepper, chopped
1/2 cup vegetable oil
1 cup vinegar
1 cup sugar
2 Tbsp. water
1/8 tsp. pepper

PREPARATION:

Combine vegetables in a large bowl. In a small bowl, combine oil, vinegar, sugar, and water and mix well.. Pour over vegetables, and stir to coat. Cover salad and refrigerate for 4 hours or overnight before serving.

Nutritional Information: Calories: 310, Fat: 14 grams, Sodium: 450 mg, Carbohydrates: 45 grams

Navy Bean and Spinach Salad

INGREDIENTS:

2 cups dried yellow split peas	2 slices of bacon
1 can of seasoned tomatoes	1 can of navy beans
4 cups fresh spinach	Balsamic Vinaigrette Salad Dressing

PREPARATION:

In an electric skillet, cook 2 slices of bacon until crisp. Leave about one Tablespoon of the drippings in the pan and remove bacon for garnish. Drain tomatoes and navy beans and sauté in drippings until heated through. Add 3 cups of fresh spinach and heat until wilted. Break bacon into 1 inch pieces and add to the mixture. Divide remaining spinach into 4 bowls. Dress with Balsamic Vinaigrette Dressing and top with the hot bean mixture.

Nutritional Information: 119 calories, 2g fat, 3mg cholesterol, 19g carbohydrates, 5g dietary fiber, 8g protein, 478mg sodium, 420mg potassium, 67mg calcium, 2mg iron, 1mg zinc.

Slow Cooker Bean and Bacon Soup

INGREDIENTS:

4 slices bacon
1-1/4 cups Hearty Bean Soup Mix or any combination of dried beans
1 onion, chopped
3 cups water
1 pkg. taco seasoning mix or 2 Tbsp. Homemade Taco Mix
2 (14 oz.) cans diced tomatoes, un-drained

PREPARATION:

Cook bacon until crisp, drain on paper towels, and crumble. In 3-4 quart crock-pot, combine bacon with [Hearty Bean Soup Mix](#), onion, water, and [Taco Seasoning Mix](#) and mix well to blend.

Cover crock-pot and cook on low for 10-12 hours until beans are tender. Add tomatoes, stir well, and cook on low for 30-40 minutes longer until hot.

If you like, you can mash some of the beans for a thicker soup before adding the tomatoes. 6 servings

Tomato Green Beans

INGREDIENTS:

1 lb. green beans, trimmed
1 pt. cherry tomatoes
1/2 cup chopped green onions
1/2 cup Italian salad dressing

PREPARATION:

Cut green beans in half. Cook in boiling salted water until tender, 6-8 minutes. Drain well and return to pan. Add remaining ingredients and toss over low heat for 1 minute. Serve immediately, or chill and serve over lettuce.

4 servings

Nutritional Information: Calories 188, calories from fat 65.4%, total fat 15g, saturated fat 2g, cholesterol 0mg, carbohydrates 14g, fiber 5g, protein 3g, sodium 246mg, potassium 414mg, calcium 52mg

Red Bean and Rice Salad

INGREDIENTS:

2 (15 oz.) cans red beans or kidney beans, rinsed and drained
2 cups cooked white rice
1 green bell pepper, chopped
1 yellow bell pepper, chopped
1 cup chopped peeled, seeded cucumber
1 cup chopped red onion
1 cup chopped celery
1/4 cup red wine vinegar
1/2 cup olive oil
2 cloves garlic, crushed
2 Tbsp. chopped parsley
1/2 tsp. salt
1 Tbsp. mustard
1/8 tsp. pepper
1/8 tsp. cayenne pepper

PREPARATION:

In large bowl, combine beans, rice, zucchini, cucumber, red onions, and celery and toss to coat. In small jar with screw top lid, combine remaining ingredients, cover jar, and shake well to blend. Pour over salad and mix.

Cover and refrigerate salad 2-4 hours to blend flavors. 6 servings

Nutritional Information: Calories 475, calories from fat 35.2%, total fat 19g, saturated fat 3g, cholesterol 0mg, carbohydrate 61g, fiber 17g, protein 17g, sodium 245mg, potassium 1113mg, calcium 122mg

Barley Black Bean Salad

INGREDIENTS:

1 cup medium barley
1/2 cup wild rice
15 oz. can black beans, rinsed and drained
2 cups sliced mushrooms
2 cups grape tomatoes
2 cups chopped cooked chicken
1/2 cup mayonnaise
1 cup plain yogurt
1/2 cup creamy honey mustard salad dressing
2 Tbsp. honey mustard
1/4 cup milk

PREPARATION:

Cook barley and wild rice as directed on packages. While they are cooking, combine mayonnaise, yogurt, salad dressing, mustard, and milk in large bowl and mix well. When the grains are tender, drain well and stir into the dressing mixture.

Add remaining ingredients and stir gently to coat. Chill at least 2 hours before serving. 8 servings

Nutritional Information: Calories 434, calories from fat 48.1%, total fat 24g, saturated fat 5g, cholesterol 49mg, carbohydrate 41g, fiber 7g, protein 17g, sodium 434mg, potassium 375 mg, calcium 71mg

White Bean Chicken Chili

INGREDIENTS:

2 (15 oz.) cans great northern beans, rinsed and drained
2 cups cubed cooked chicken
1-1/2 cups chicken broth
4 oz. can chopped green chilies, drained
1/4 tsp. white pepper
1/4 tsp. salt
1/2 cup sour cream

PREPARATION:

Place one can of drained beans in heavy saucepan and mash slightly. Add remaining ingredients except sour cream. Bring to a boil, then reduce heat, cover, and simmer soup for 15 minutes. Add sour cream, stir gently, and serve. 4 servings

Nutritional Information: Calories: 380, Fat: 12 grams, Carbohydrates: 32 grams, Sodium: 600 mg

Updated Green Bean Casserole

INGREDIENTS:

28 oz. pkg. frozen cut green beans
1 onion, chopped
1 cup roasted red bell pepper strips, chopped
1/4 tsp. salt
1/8 tsp. pepper
10 oz. container Alfredo cheese sauce
2.5 oz. can French fried onions

PREPARATION:

Combine all ingredients except half of the French fried onions in a 4-6 quart slow cooker. Cover crock-pot and cook on high for 3-4 hours, stirring after 1 hour. Just before serving, heat remaining French fried onions in a small skillet over medium heat for 2-3 minutes, stirring constantly.

Stir casserole and sprinkle with heated onions. 10 1/2 cup servings

Crock-pot Black Bean Chili

INGREDIENTS:

2 cups water
1 cup apple juice
1 cup vegetable broth
1/2 tsp. dried oregano leaves
1/2 tsp. dried thyme leaves
3 Tbsp. tomato paste
1 tsp. ground cumin
1/8 tsp. cayenne pepper
1/8 tsp. white pepper
2 onions, chopped
3 cloves garlic, minced
2 (4 oz.) cans chopped green chilies, drained
2 (15 oz.) cans black beans, rinsed and drained
2 red bell peppers, chopped
1/4 cup chopped fresh cilantro
1-1/2 cups shredded Cheddar cheese

PREPARATION:

Combine all ingredients except cilantro and cheese in 3-4 quart slow cooker. Cover and cook on low for 8 hours. Stir in cilantro just before serving. Serve with Cheddar cheese for topping. 6 servings

Bean and Tuna Salad

INGREDIENTS:

2 (15 oz.) cans cannellini beans, rinsed and drained
1 red onion, chopped
1 yellow summer squash, chopped
1 red bell pepper, chopped
1/3 cup olive oil
3 Tbsp. red wine vinegar
1/4 tsp. salt
1 Tbsp. Dijon mustard
dash pepper
6 oz. can solid white tuna, drained
Lettuce

PREPARATION:

In large bowl, combine beans, onion, squash, and bell pepper and mix to coat. In small bowl, combine oil, vinegar, salt, mustard, and pepper and whisk to blend. Pour over bean mixture, cover, and chill for 1-2 hours, stirring occasionally. Transfer to lettuce lined serving platter, using a slotted spoon. Place tuna chunks over salad and serve. 6 servings

Nutritional Information: Calories 161, calories from fat 68.2%, total fat 12g, saturated fat 2g, cholesterol 9mg, carbohydrate 5g, fiber 1g, protein 8g, sodium 218mg, potassium 201mg, calcium 18mg

Three Bean Cassoulet

INGREDIENTS:

1 cup dried lima beans
1 cup dried great Northern beans
1 cup dried garbanzo beans
4-1/2 cups water
16 oz. bag baby carrots
1 onion, chopped
3 garlic cloves, minced
1 Tbsp. dried parsley flakes
1 tsp. dried basil leaves
1/2 tsp. dried thyme leaves
1/2 tsp. salt
1/8 tsp. white pepper
1 bay leaf
14 oz. can diced tomatoes, un-drained
2 Tbsp. tomato paste

PREPARATION:

Cover beans with cold water in large saucepan. Bring to a boil and boil for 1 minute. Remove from heat, cover, and let sit for 1 hour. Drain beans. Combine drained beans, 4-1/2 cups water, carrots, onion, garlic and seasonings except salt, tomatoes, and tomato paste in 3-1/2 to 4 quart slow cooker.

Mix well to combine. Cover and cook on high heat for 30 minutes. Reduce heat to low and cook for 8-9 hours or until beans and vegetables are tender. Stir in tomatoes, tomato paste, and salt, cover, and cook 1 hour longer on low.

Remove bay leaf before serving. 4 servings

Nutritional Information: Calories 573, calories from fat 7.4%, total fat 5g, saturated fat 1g, cholesterol 0mg, carbohydrate 106g, fiber 31g, protein 32g, sodium 416mg, potassium 2512mg, calcium 224mg

Butter Bean Salad

INGREDIENTS:

3 Tbsp. apple cider vinegar
5 Tbsp. olive oil
1/4 tsp. pepper
1 Tbsp. dried parsley
2 (15 oz.) cans butter beans, rinsed and drained
11 oz. can shoe peg corn, drained
14.5 oz. can zesty chili diced tomatoes, un-drained
1 small red onion, chopped

PREPARATION:

In large bowl, combine vinegar, olive oil, salt, pepper, and parsley and mix well with wire whisk. Add remaining ingredients and toss to coat. Cover and chill 2 hours, or serve immediately. Serves 4-6

Nutritional Information: Calories 332, calories from fat 32%, total fat 12g, saturated fat 2g, cholesterol 0mg, carbohydrate 44g, fiber 18g, protein 15g, sodium 55mg, potassium 1496mg, calcium 77mg

Fish Fillet and Bean Bake

INGREDIENTS:

16 oz. jar chunky garden salsa
2 (15 oz.) cans great northern or cannellini beans, rinsed and drained
2 cups frozen bell pepper and onion stir fry, thawed
1 lb. red snapper or grouper fillets, cut into 4 pieces
1/2 cup grated Parmesan cheese

PREPARATION:

Preheat oven to 425 degrees. Grease 13x9" glass baking dish. Combine salsa, beans and pepper and onion mixture in large bowl. Place in prepared baking dish. Top with fish fillets. Sprinkle fish with Parmesan cheese. Cover dish with foil and bake at 425 degrees for 20-30 minutes or until fish flakes easily when tested with fork. Serves 4

Nutritional Information: Calories 184, calories from fat 23.3%, total fat 5g, saturated fat 2g, cholesterol 50mg, carbohydrate 6g, fiber 1g, protein 28g, sodium 261mg, potassium 612mg, calcium 185mg